HOW YOU CAN GET ABS-OLUTELY FIT

KERRI WALSH JENNINGS SHARES TRAINING TIPS. PAGE 22

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Wednesday, August 21, 2013 www.metro.us | t: MetroPhilly | f: MetroPhilly

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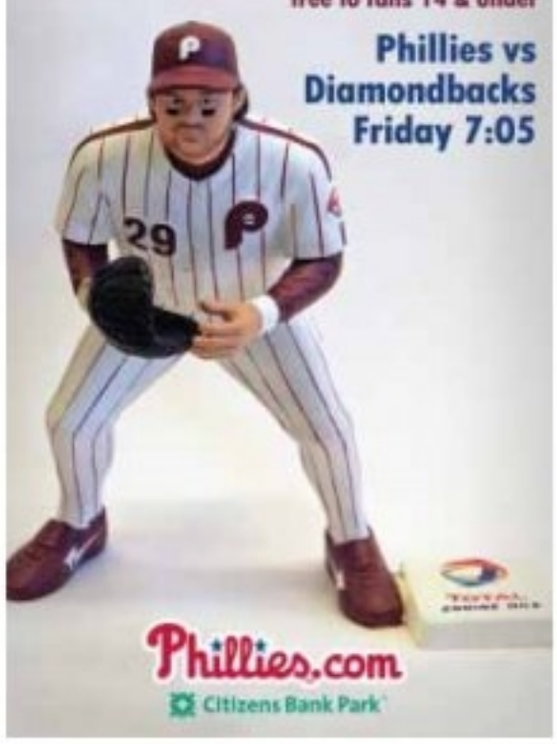

Is it good, bad or just ugly?

Exclusive interview. Joseph Zuritsky, the CEO of Parkway Corp., said he probably would have preferred granite for his new Home2Suites. **Why does it matter?** Hundreds of jobs, and a boost to the Convention Center, come from the new Center City hotel. PAGE 02

The body is able if the mind is willing

PAGES 26-27

Mike Vick has to learn how to protect himself and stay healthy. Otherwise, he'll be back on the bench due to injury. / GETTY IMAGES

Eight hurt in explosion at Jersey naval base

PAGE 10

Timberlake is bringing 'NSync back? Why?

PAGE 12

We've got Stockholm syndrome for Ikea line

PAGE 18

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1 NEWS

Top 3

What's trending online at Metro.us

1 'VIDEO: SI swimsuit model Chrissy Teigen gets Skittles shower'

2 'PHOTOS: Alex Rodriguez's greatest hits, sort of'

3 'VIDEO: Obama family welcomes new puppy'

Quoted

"As vital programs and services are being taken from our schoolchildren while Gov. Corbett and Mayor Nutter continue to play politics with our children's futures by failing to invest in our schools, the Department of Education's waiver announcement could provide $33 million in immediate relief to children who need it the most."

Jerry Jordan, Philadelphia Federation of Teachers president, on the need for the city to take advantage of the Department of Education's ESEA wavier

Home2Suites: Kind of ugly, but good for city

Exclusive. Parkway Corp. CEO Joseph Zuritsky talks to Metro about the new hotel.

The Home2Suites building sits at Arch and 12th streets. / CHARLES MOSTOLLER, METRO

Joseph Zuritsky, chairman and CEO of Parkway Corp., agrees with critics that his new hotel, the Home-2Suites near the Pennsylvania Convention Center, is ugly.

"I would have preferred granite, too," he admitted. "As it was, it was impossible to build without six governmental subsidies."

But Zuritsky defends the hotel, which is the first one built from the ground up in Philadelphia in about 11 years, as a source of new jobs, especially at the retail locations included in the site. It will also add rooms that the Convention Center needs to attract large conventions to the city.

Zuritsky places most of the blame for the high construction costs on the unions. The price tag is $59 million.

"Philadelphia is a union town," he said. "The building trade unions are very strong here. They dictate the high construction costs, which are the same as New York City. Yet, we can only charge one-third of ... [what] New York does."

Zuritsky believes rents will only go up if the city changes its tax structure to make it more attractive to businesses.

Zuritsky works with koi fish on the side. / PROVIDED

By the numbers

108
Jobs during construction

197
Jobs to run the hotel

2
Tenants signed on to occupy space

248
Rooms in the hotel

Quoted

"The building trade unions are very strong here. They dictate the high construction costs." Zuritsky

"Cities can't have a wage tax over 3 percent, which includes the state's portion, to stay competitive," he said. "Most cities do not tax businesses."

He is much more proud of 1700 Rittenhouse Square's architecture, which is developed at the site of one of Parkway's old parking lots. The condo building commands the highest per foot sales price in the city, at $1,000 to $1,200 per square foot, and it is not even on Rittenhouse Square.

The Wall Street Journal recently raved about the luxurious building, which boasts one apartment per floor, a robotic garage which parks your car for you, a swimming pool, and a koi pond.

LAURA GOLDMAN
letters@metro.us

What has suffered?

Driving the Parkway

Parkway is perhaps best known as a parking lots operator.

Zuritsky concedes the parking business has suffered due to the recession and businesses moving to other parts of the city.

Parkway boasts the most hi-tech parking systems in the country.

"You never have to look for your car in Liberty Place parking lots, said Zuritsky. "You can type in your license number into the nearest kiosk or the app on your phone to find the location of your car."

School of Rock covers Sabbath

Students in the School of Rock's Black Sabbath Camp prepare for their upcoming concert at 4 p.m. Friday at the school at 421 N. 7th St. Anthony Passante-Contaldi sings as Ayu Elicker plays guitar and teacher Lamont Caldwell looks on.

CHARLES MOSTOLLER, METRO

Better education

NCLB waiver request OK'd

The U.S. Department of Education approved Pennsylvania's No Child Left Behind waiver request yesterday.

Gov. Tom Corbett said the state now can "focus on improving schools by directing resources to areas that help students academically achieve."

METRO

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Two killed, three injured in shootings

Gunfire. A 17-year-old male was shot in the head in Point Breeze Monday night.

One man was killed and another injured when gunfire erupted on the 3900 block of North Percy Street, in Philadelphia's Hunting Park neighborhood, Monday evening.

Brian Sweet, 20, was pronounced dead at Temple University Hospital at 6:49 p.m., police said.

A second person — a 22-year-old man who reportedly is Brian Sweet's older brother — sustained a gunshot wound to his right shoulder. He was being treated at Temple, and was listed in critical condition yesterday.

A 17-year-old boy died in a hail of bullets in the Point Breeze neighborhood Monday night.

Two other teens sustained gunshot wounds in the violence.

The gunfire happened about 10 p.m. on the 1700 block of South Taylor Street.

Nasir Slaughter, 17, of the 1800 block of Ringgold Street, died after being shot in the head. He was pronounced dead at the Hospital of the University of Pennsylvania (HUP) at 11:33 p.m., police said.

A 17-year-old boy sustained a gunshot wound to his back in the Point Breeze gunfire. He was listed in stable condition at Children's Hospital of Philadelphia, according to police.

A third teen was shot in the incident. He sustained a gunshot wound to his leg and was listed in stable condition at HUP.

SEAN MCCULLEN

Another incident

A 28-year-old man was shot several times outside Temple University Hospital Monday shortly after 9 p.m., police said. The victim was wounded in his torso, groin and legs by the gunfire near Broad and Ontario streets, according to police.

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Busted

Program nets 53 DUI arrests

"Operation Nighthawk," a Pennsylvania State Police training and enforcement program aimed at reducing drunken driving, led to 53 DUI arrests in Luzerne County Aug. 16 and 17.

The program consists of classroom training for municipal officers and state troopers, followed by roving patrols to identify and arrest suspects. Troopers also issued 182 other traffic citations.

METRO

New digs

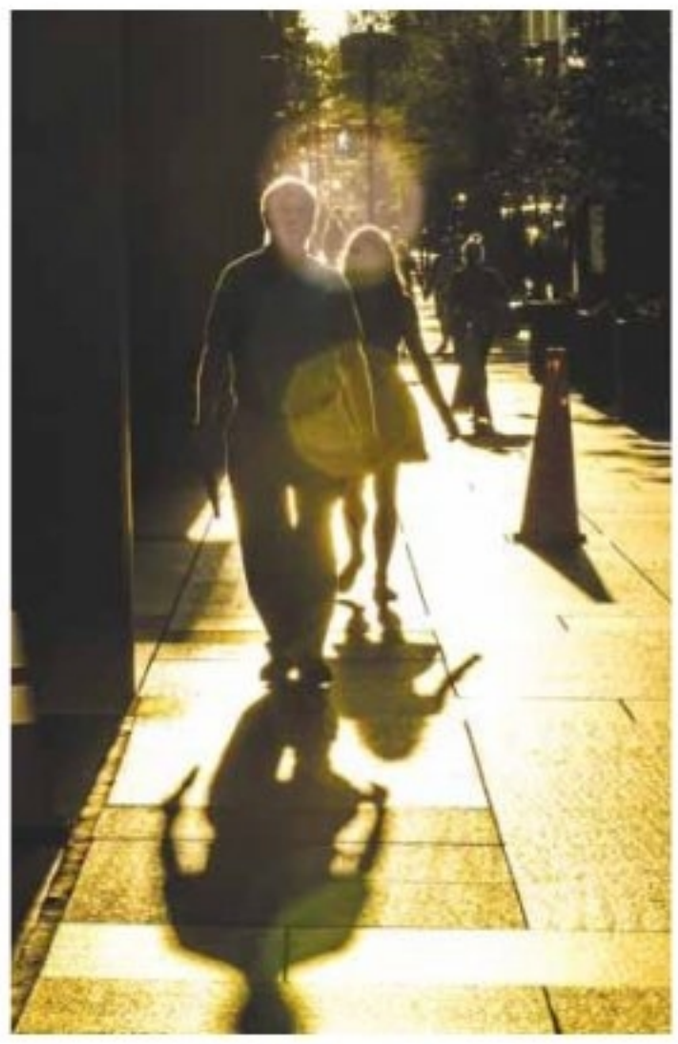
Police training facility opens

The new Regional Tactical Training Facility at the Philadelphia Police Academy officially opened yesterday.

There, training will be provided to city and regional agencies in SWAT, bomb squad and K-9.

The 31,000-square-foot facility cost $13.5 million to construct. Mayor Michael Nutter called it the "best possible environment for training officers to respond to public safety emergencies."

METRO



Bathed in gilded light

Pedestrians cast shadows on a golden sidewalk on Market Street in Center City. / CHARLES MOSTOLLER, METRO

Drop. SEPTA cell thefts decline for first time in three years

Following three consecutive years of rising cell phone thefts and robberies throughout the SEPTA transit system, officials are finally feeling a reprieve.

SEPTA from Jan. 1 through Aug. 18, 2013, recorded 217 cell phone thefts and 51 cell phone robberies. That's a decline of 7 and 14 percent, respectively, over the same period last year.

SEPTA Police Chief Thomas Nestel said cell-related crime exploded when AT&T made service available on Philly's underground transit lines. "The result then is that people don't keep their phone in their pocket and have their phone in their hands and are using them," he said. "So ever since 2010, when AT&T enabled service in the system, the number of phone thefts and robberies skyrocketed — they went up very high in 2011 and continued to go up in 2012."

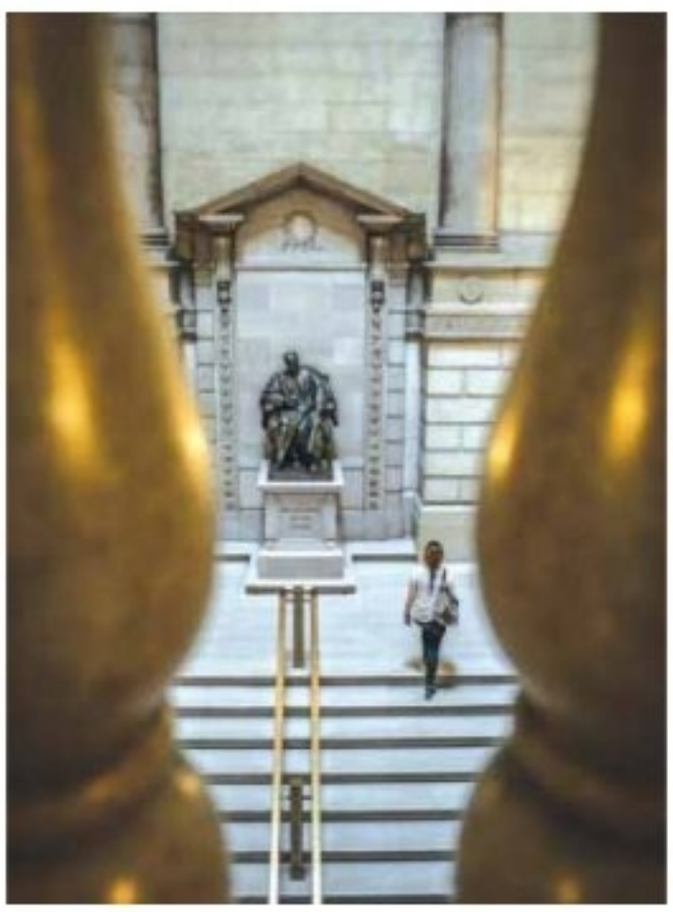
SEPTA responded to the rise with several initiatives — shifting staffing levels to ensure more transit police are available in the hours when thefts and robberies are most likely to occur, launching undercover decoy operations and encouraging transit riders to install GPS tracking apps on their devices.

An avid Twitter user, Nestel has also taken to social media to circulate information about suspects and crime patterns. "In my eyes, it's a great way to get the message out to our riders about what's going on and what we're doing about it," he said.

By the numbers

- **268** The combined number of cell phone robberies and thefts on SEPTA from Jan. 1 through Aug. 18, 2013
- **293** The number of robberies and thefts during the same period last year
- **14 percent** The year-over-year decline in cell phone thefts
- **7 percent** The year-over-year decline in cell phone robberies

ALEX WIGGLESWORTH
awigglesworth@metro.us



A little peek at Pepper

A visitor to the Free Library of Philadelphia walks up the main steps near the statue of library founder William Pepper.

CHARLES MOSTOLLER, METRO

Attention cyclists

Free bike checkups today

Hotel Monaco today will host free street-side checkups for your bicycles.

Keswick Cycle mechanics will be there from 7 to 9 a.m., noon to 2 p.m. and 5 to 7 p.m. METRO

Caught on camera

Man steals computers, checks from dentist office

Police are looking for a man who was caught on camera early Sunday morning burglarizing a dentist office in the Pennsport section of South Philadelphia.

Surveillance image of suspect
PPD

Investigators said the suspect around 3 a.m. broke through a side window and into the dental office located at 1701 E. Moyamensing Ave. The man was allegedly inside for about two hours, during which time police said he searched every room.

The suspect can be seen on video leisurely strolling around the facility, rifling through drawers and opening cabinets. METRO

NOTICE OF PUBLIC HEARING AND PUBLIC COMMENT PERIOD PHILADELPHIA HOUSING AUTHORITY

The Philadelphia Housing Authority (PHA) is a participant in the Moving to Work Demonstration Program (MTW). PHA was initially selected to participate in the MTW Program in 2001. In October 2008, PHA entered into an Amended and Restated Moving to Work Agreement ("MTW Agreement") with the US Department of Housing and Urban Development ("HUD"), which has subsequently been further amended.

The MTW Agreement defines the terms and conditions under which PHA is a participant in the MTW Program. The MTW Agreement requires that PHA submit an MTW Annual Plan for HUD review and approval. PHA's current MTW Annual Plan for MTW Year Thirteen (PHA Fiscal Year 2014) was approved by HUD on May 30, 2013.

PHA is seeking public review and comments on two proposed actions relative to the MTW Program:

- **Amendment to the MTW Agreement** – The proposed amendment to the MTW Agreement will provide PHA with additional flexibility in utilizing Replacement Housing Factor funds received by PHA from HUD.
- **Amendment to the MTW Year Thirteen Annual Plan** – The proposed amendment to the MTW Annual Plan will: 1) Establish that PHA may apply to convert one or more public housing sites under the Rental Assistance Demonstration Program and that PHA may utilize MTW Block Grant funds to support the conversion; and, 2) Allow PHA to establish a flexible subsidy program for newly developed or acquiredpublic housing units, subject to HUD review and approval of each transaction.

Additional information regarding the proposed amendments is available from PHA. Copies are available for public review on PHA's website at: www.pha.phila.gov under the "Latest News" section or may be picked up at the following locations:

- **Housing Choice Voucher Program Office:** 2850 Germantown Ave 1st & 2nd Floor
- **Scattered Sites Management Offices:** 3417 Spring Garden Street, 1821 Vineyard St. 3226 McMichael St., 3218 Susquehanna Avenue, 400 W. Huntingdon St.
- **Public Housing Management Offices:** **Bartram** - 5404 Gibson Drive, **Wilson Park** - 2500 Jackson St., **Raymond Rosen** – 2110 N. 23rd St., **Blumberg** - 2311 W. Jefferson St.

PHA residents, Housing Choice Voucher participants and the general public may attend and provide comments at the Public Hearing described below and/or submit written comments on these proposed actions any time during the comment period. The Public Hearing is scheduled for the following time and location: **August 27, 2013 10 a.m. until noon, 1100 Poplar Street, Philadelphia, PA 19123, Multipurpose Room.**

Only comments pertaining to the proposed actions noted above are being solicited. The comment period begins on August 6, 2013 at 12 noon and ends September 5, 2013 at 12 noon. All comments must be received by the end of the comment period. Please send your writtencomments to: **Philadelphia Housing Authority, Office of Policy, Research and Enterprise Planning, Attention: MTW Comment, 1606 Swain St., Philadelphia, PA 19130.**

The Public Hearing is being held in an accessible location. If you require assistance, sign language interpreter or other accommodations, please call 215-684-4000. Please use the AT&T Relay Service for TTY.

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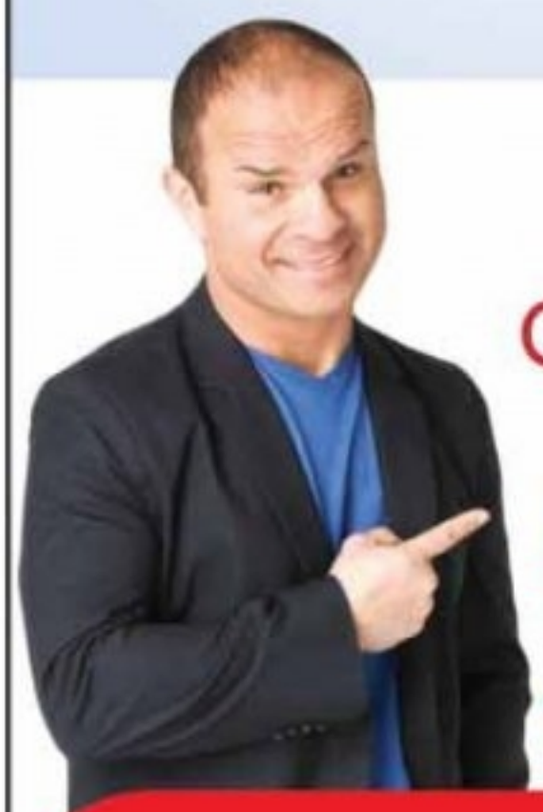

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Trucks and armored personnel carriers filled with Egyptian riot police are parked in the main street leading to Egypt's landmark Tahrir square yesterday in Cairo, Egypt. / GETTY IMAGES

White House says US has not cut off aid to Egypt

Options. While under review, the aid has continued, White House spokesman Josh Earnest said.

Media reports that suggest the United States has cut off aid to Egypt are not accurate, a White House spokesman said yesterday, adding that the Obama administration is still reviewing its options.

Earnest also said that Egypt's detention of Muslim Brotherhood leader Mohamed Badie was not in line with the standard that the United States would hope to uphold in protecting basic human rights.

Earlier yesterday, Egypt's army-backed authorities detained the 70-year-old Badie, the Brotherhood's general guide, in the wake of the bloody suppression of rallies demanding the reinstatement of Islamist President Mohamed Morsi, who was toppled by the military last month.

Earnest's comments on U.S. assistance follow media reports, citing a U.S. senator, that the United States had quietly decided to temporarily suspend most military aid to Egypt following the military takeover. REUTERS

Quoted

"That review has not concluded and ... published reports to the contrary that assistance to Egypt has been cut off are not accurate."

White House spokesman Josh Earnest told reporters in a briefing.

Convicted

Army judge to sentence WikiLeaks' Manning

Bradley Manning, the soldier convicted of giving classified U.S. files to WikiLeaks, will be told today how much of his life will be spent in a military prison, a U.S. Army spokesman said.

The judge, Colonel Denise Lind, began deliberating Manning's sentence yesterday and told the court that sentencing would be today. REUTERS

Senator. Cruz may wait eight months to stop being Canadian

Sen. Ted Cruz, who recently discovered that he is likely a Canadian, must win security clearance from Canada's spy agency, fill in a four-page form and then wait up to eight months to sever his ties to America's northern neighbor.

Cruz, a Texas Republican who has fueled speculation that he may run for president in 2016, was born in Canada, which would in virtually all cases automatically entitle him to citizenship. On Monday he offered to renounce that citizenship in the event that he has it.

"Nothing against Canada, but I'm an American by birth and as a U.S. senator, I believe I should be only an American," Cruz said in a statement.

Cruz would be in rare company if he goes ahead, as efforts to give up Canadian citizenship are rare. REUTERS

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Endorsed. LinkedIn opens site to students

LinkedIn Corp. said it will open its social networking site to those above 13 years of age in a move aimed at attracting a younger membership base.

The company, which makes much of its money by selling access to its members' resumes to corporate recruiters, said the changes will come into effect on Sept. 12.

LinkedIn also introduced a new feature called University Pages enabling schools, students and alumni to connect on the website.

More than 200 universities have adopted their pages, including New York University and University of Michigan, LinkedIn said in a blog post on Monday.

LinkedIn said the minimum age for its members will vary by country. The minimum age for online social networking is 14 in the United States the company said. REUTERS

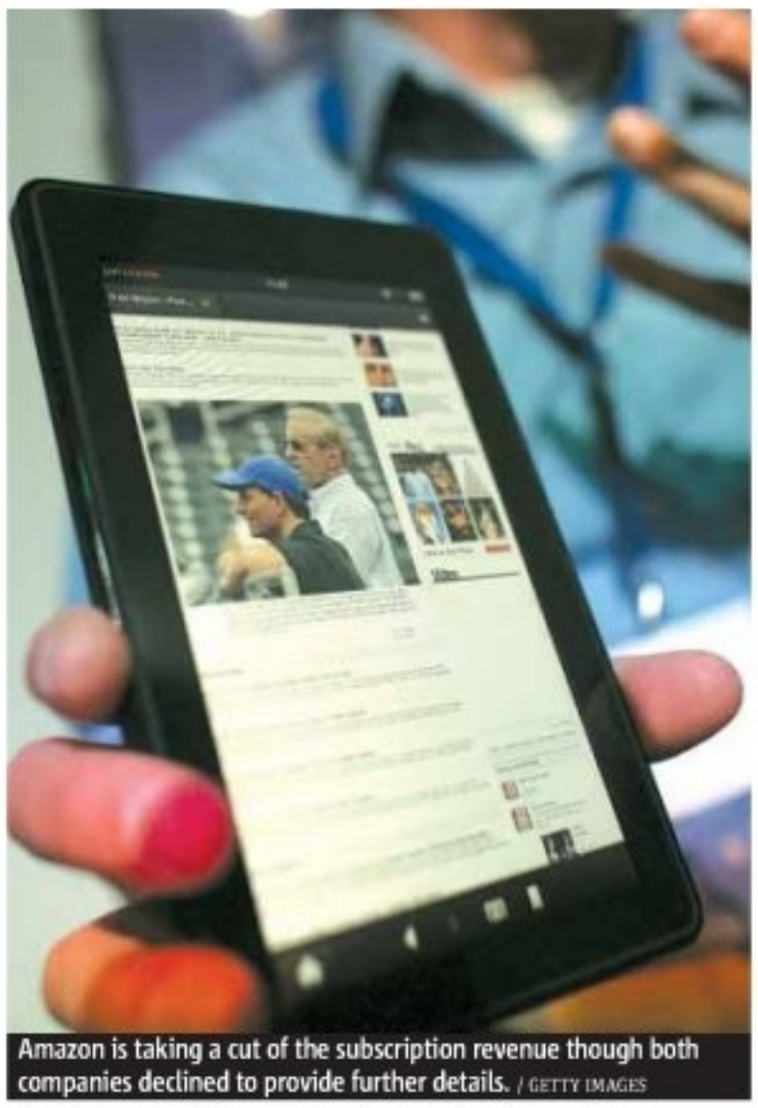
Video streaming

Netflix grabs exclusive TV rights to Weinstein movies

Netflix Inc. obtained a multi-year deal that makes the video streaming company the exclusive U.S. subscription TV provider for new movies from The Weinstein Company starting in 2016, the companies announced yesterday.

The agreement for first-run rights to Weinstein films after they appear in theaters will bring new content to Netflix to help them gain subscribers and compete with cable channels. REUTERS

Conde Nast starts subscriber partnership with Amazon



Amazon is taking a cut of the subscription revenue though both companies declined to provide further details. / GETTY IMAGES

Devices. Increasing digital copies is a key part of the magazine industry's future success.

Magazine publisher Conde Nast announced a major partnership with Amazon yesterday in which the Internet retailer will handle print and digital subscriptions for its stable of glossy publications like Vogue, Wired and Vanity Fair.

Conde Nast is the first magazine publisher to collaborate with Amazon on this type of service, a move that will simplify its subscription process, which currently involves direct mail and stacks of magazine insert cards.

Amazon will allow consumers to purchase, manage and renew their magazine subscriptions under a new "all access" plan for both print and digital editions using their Amazon account. People can still go to Conde Nast directly or to its other partners including Apple Inc.

The digital subscriptions will be made available on several mobile platforms including the Kindle Fire, Apple's iPad and Google's Android tablets and phones.

"We are using the partnership with Amazon to make purchasing and renewing subscriptions as easy as humanly possible," said Bob Sauerberg, president of Conde Nast, in an interview last week. REUTERS

Bundled rates

$6

Conde Nast will offer introductory bundled rates for $6 or less for six months for both print and digital versions of Vogue, Glamour, Bon Appetit, Lucky, Golf Digest, Vanity Fair and Wired. It plans to roll out its other 11 consumer titles later in the year.

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Auto, Leather, NAV, Sunroof, Stk #V30037SI, WOW ONLY!
$6,950

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Shot for fun

Oklahoma boys charged in thrill killing of Australian student

Three teenage boys were charged with the first-degree murder of an Australian college student in Oklahoma "for the fun of it," prosecutors said yesterday.

Christopher Lane, of Melbourne, was found dead of a gunshot wound on Aug. 16, according to police in Duncan, Okla.

Lane was out jogging during a visit to his girlfriend's, when he was shot in the back, police said. He attended East Central University in Ada, Okla., where he was on a baseball scholarship.

Police said one suspect admitted that the teens decided to kill someone "for the fun of it." He said they spotted Lane running and targeted him. REUTERS

Blast and fire

Fire put out on Oklahoma natural gas pipeline after explosion

A fire yesterday caused by an explosion at a natural gas pipeline owned by Enable Midstream Partners near Kiowa, Okla., has been extinguished, an Enable spokeswoman said.

The cause of the blast was unknown, and there were no injuries reported. The incident occurred on a small gathering pipeline in a rural area about 60 miles southeast of Oklahoma City.

The affected section of the pipe was isolated and the remaining gas emptied from that portion of the line.

Enable Midstream Partners LP is a partnership between OGE Energy Corp.'s Enogex LLC and Houston-based CenterPoint Energy Inc. REUTERS

A panda's best friend

A dog stands between panda figures on a marketplace in Bremen, in northern Germany, yesterday. The environmental organization WWF Germany (World Wildlife Fund) wants to draw attention to the shrinking number of just 1,600 animals left of this endangered species. / INGO WAGNER, AFP, GETTY IMAGES)

Injuries. Explosion rocks naval weapons station in New Jersey

Eight people were injured, one of them seriously, after an explosion and fire struck a U.S. Navy ammunitions depot near the New Jersey shore yesterday, Navy officials said.

Fire trucks, ambulances and a medical emergency helicopter rushed to Naval Weapons Station Earle, located near Colts Neck Township, about 45 miles from Manhattan. The cause of the explosion at a Marine boat repair shop at about 9 a.m. was being investigated.

"The damage from the explosion was contained within the boathouse area," the Navy said in a statement.

The injured included seven sailors and one civilian, said base spokesman Mike Brady.

One of the injured was seriously hurt and taken by medical helicopter to a local hospital for treatment, though the type of injuries sustained were still unknown, he said. The seven others suffered minor injuries, including smoke inhalation.

The explosion occurred during routine maintenance on a 35-foot utility boat, and the blast ripped apart both the vessel and much of the adjoining building, Brady said.

A base firehouse is located next door to the boat repair shop, and a crew was able to respond "almost immediately," he said. REUTERS

Quoted

"Ammunition and ordnance operations at the weapons station were not affected by the accident."

The Navy said in a statement

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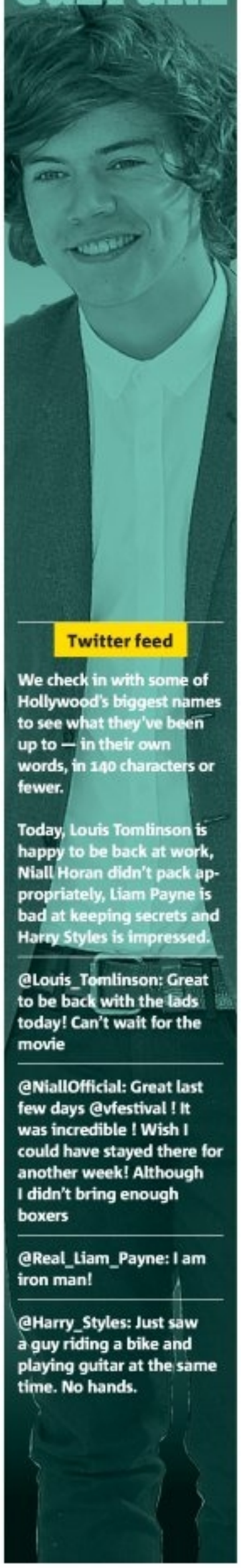


Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Louis Tomlinson is happy to be back at work, Niall Horan didn't pack appropriately, Liam Payne is bad at keeping secrets and Harry Styles is impressed.

@Louis_Tomlinson: Great to be back with the lads today! Can't wait for the movie

@NiallOfficial: Great last few days @vfestival ! It was incredible ! Wish I could have stayed there for another week! Although I didn't bring enough boxers

@Real_Liam_Payne: I am iron man!

@Harry_Styles: Just saw a guy riding a bike and playing guitar at the same time. No hands.

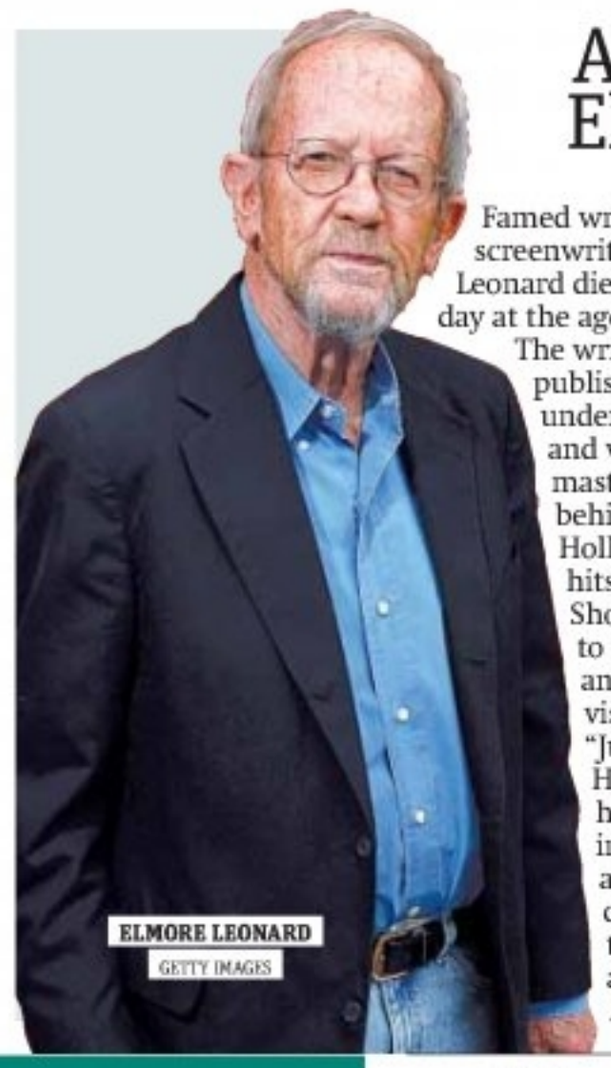
Hip-hop producer Scott Storch robbed in Manhattan

SCOTT STORCH
WIREIMAGE

Me? I usually only wear my $50,000 diamond necklace and $50,000 Rolex on special occasions. But not famed music producer Scott Storch, who was quickly relieved of his high-priced baubles in an early-morning robbery outside of a recording studio in New York City yesterday.

After an all-nighter in the city, Storch, 39, and his entourage were hanging outside of Platinum Studios around 6:45 a.m. in a livery SUV, when they were approached by two armed men. The men quickly plucked the jewels from Storch and took a briefcase from a member of Storch's entourage which reportedly held $4,000 to $5,000 in cash.

So many fascinating points to this story, readers! What robbers are up at 6:45 a.m.? Who carries a briefcase full of cash unless you are a Russian spy from 1980? Hasn't he heard of a checkbook?



ELMORE LEONARD
GETTY IMAGES

Authors mourn Elmore Leonard

Famed writer and screenwriter Elmore Leonard died yesterday at the age of 87.

The writer had 45 published books under his belt and was the mastermind behind such Hollywood hits as "Get Shorty," "3:10 to Yuma" and the television show "Justified." He died at his home in Detroit after complications from a stroke. Authors reacted to the news on Twitter, including Anne Rice who wrote, "Few writers have given me so much uncomplicated, unpretentious pleasure for so long. He'll be missed, greatly" to Ian Rankin, who quipped, "Elmore Leonard died? Sad news. What a great writer. Gave me a few tips once. I ignored most of them..." And Dennis Lehane wrote this note on his Facebook page: "One of the biggest influences on my own work, if not the biggest. When it came to writing dialogue, he sat on the mountaintop while the rest of us wandered in the valley. He's truly irreplaceable. The world is poorer for his leaving it."

Talking points

A reunion in the works for Pattinson and Stewart?

"Twilight" fans take heart: There may still be hope for exes Robert Pattinson and Kristen Stewart, as the pair reportedly met up at Stewart's house earlier this month for "a very intense conversation," according to Us Weekly. "They will probably pick up where they left off. Rob's obsessed with her," a source says. "She's still heartbroken. She can't seem to get over him." The "Twilight" co-stars officially split in May.

TAYLOR SWIFT
GETTY IMAGES

Swift makes joke on jar of jam

Ed Sheeran shared a photo of a jar of jam Taylor Swift had given him with a handwritten note on the label. "Yo Ed, I'm really happy for you and I'm gonna let you finish but this is the best jam of all time," she wrote, in a nod to Kanye West's antics at the 2009 "MTV Video Music Awards."

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Lily Tomlin to wed

Lily Tomlin and her longtime partner, Jane Wagner, may finally tie the knot now that same-sex marriage has returned to California, she told the crowd at a pre-Emmys reception in Los Angeles this week. "Jane and I have been together for 42 years. We're thinking maybe we'll get married," Tomlin said. "You don't really need to get married, but marriage is awfully nice." But don't expect the celebrated comedienne to don a traditional white gown. "No rings, no bridal dresses," she said. "Maybe we'll be dressed like chickens."

LILY TOMLIN
WIREIMAGE

'NSync back in action?

It looks like 'NSync is back, well, in sync. The Internet was abuzz with news that Justin Timberlake will be performing with J.C. Chasez, Lance Bass, Joey Fatone and Chris Kirkpatrick — better known as that frosted-tip '90s boy band sensation 'NSync — at the "MTV Music Video Awards" on Sunday. So far, JT's publicist has yet to confirm or deny the news. The publicists for the rest of the band also didn't say anything, but that's probably because they don't actually have publicists anymore.

A Metro mea culpa for photo mistake

While Lily Collins, Jamie Campbell Bower and Kevin Zegers, stars of "The Mortal Instruments: City of Bones," may someday be huge marquee names, we have a confession to make. Yesterday, we published an interview with Bower and mistakenly used a photo of Zegers. In our defense, they look amazingly similar, as pictured above. We apologize for the mistake — and if you have a copy of yesterday's paper, hang onto it. It may be a collector's item when either of these guys make it big. Can you imagine looking at a paper from 1996 and seeing a photo of Matt Damon next to an interview with Ben Affleck? / GETTY IMAGES FOR SONY PICTURES

Celebs. No summer break for these hardworking stars

1 On Monday, **Taylor Swift** performed the first of a four-night run of sold-out shows at the Staples Center in Los Angeles as part of her "Red" world tour.

2 **Cate Blanchett** went to the "Blue Jasmine" Australian premiere at the Hayden Cremorne Orpheum on Aug. 20 in Sydney.

3 **Lady Gaga** visited **Elvis Duran** at the "Elvis Duran and The Z100 Morning Show" in New York City on Monday to promote her comeback.

4 "Mad Men" star **Christina Hendricks** showed off her beautiful shape in a tight cocktail dress at the Academy of Television Arts & Sciences' Performers Peer Group cocktail reception on Monday.

5 Actress **Julia Stiles** attended the "Closed Circuit" screening at Tribeca Grand Hotel in New York City on Aug. 19.

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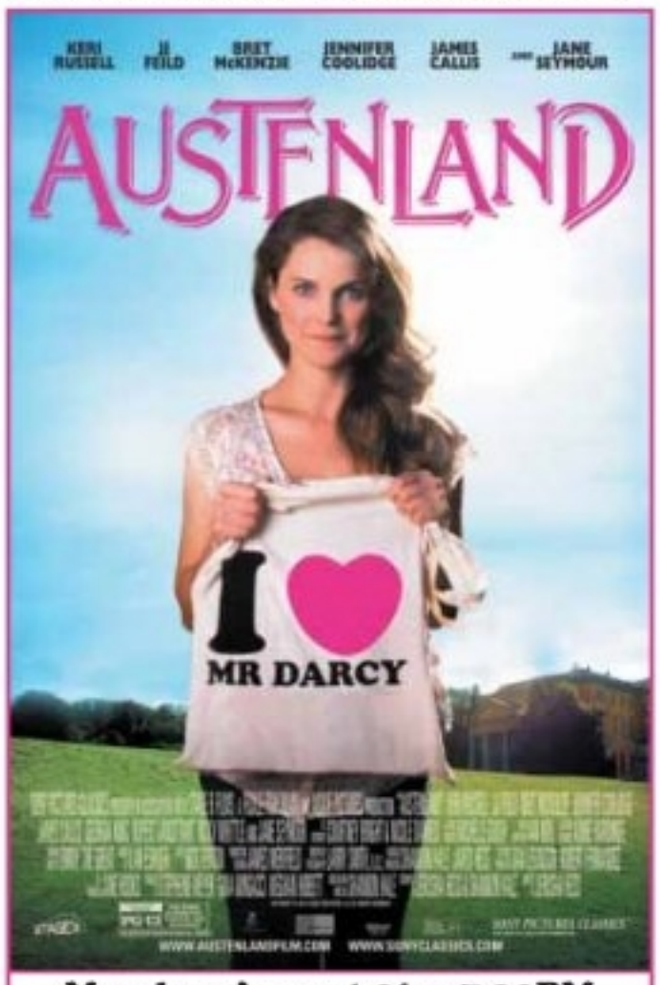

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Starting off with a blank page

Memories. Author, filmmaker and rapper MK Asante talks about growing up in Philly.

When MK Asante was 16 years old, a teacher at the Crefeld School in Chestnut Hill laid a blank piece of paper in front of him: "Write something," she said. Asante wrote "F— school," on the paper and handed it back.

"That's good. Keep going," the teacher said. And he's been doing just that, for the last 15 years.

"Now I was looking at her like, 'She's crazy,'" says Asante, now 30. "I'm looking around the class and people are taking it kind of serious, and I'm like, 'Anything I want, huh? I didn't know I was allowed to write the things I wanted to say.'"

This week Random House is releasing Asante's fourth book, "Buck: A Memoir," a personal chronicle of his one-of-a-kind youth in Philadelphia.

"In [my] poetry books, there's a little distance. My personal story is wrapped in an abstractness that gives me some distance. But "Buck" is raw. You're right in it. The subject is me and my life," says Asante, from Baltimore, where he teaches creative writing at Morgan State

Maya Angelou praised MK Asante's "Buck" as "a story of surviving and thriving with passion, compassion, wit and style." / LEE STEFFEN

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"Let's open that door in your mind — the one without a filter. We've all got something we need to get off our chest, now let's find it."

Asante

University — and is the youngest professor ever to receive tenure.

Asante's experience in this city — as he points out — is indeed as Walt Whitman put it: "I contradict myself, (I am large, I contain multitudes.)" Here are just a few snapshots: He is the son of the renowned Temple University professor Molefi Kete Asante and he attended one of the best private schools in the region. And, yet, he grew up surrounded by violence and drugs; he wound up in prison, and lost his best friend to Philly's endemic gun violence. And, yet, he made his way to UCLA and a flourishing writing career. He made his hip-hop debut earlier this summer with "Godz N The Hood" featuring Talib Kweli. An award-winning filmmaker, Asante directed the music video too.

These days, he begins his writing classes at MSU with the very same blank-page exercise he encountered 15 years ago.

"It's the best way to get class started," says Asante. "Just get out. Don't let the pen stop moving. Let's open that door in your mind — the one without a filter. We've all got something we need to get off our chest, now let's find it."

If you go

MK Asante, 'Buck: A Memoir'

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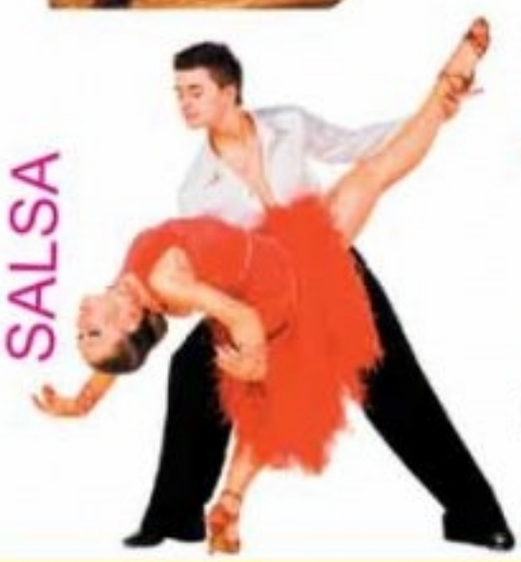

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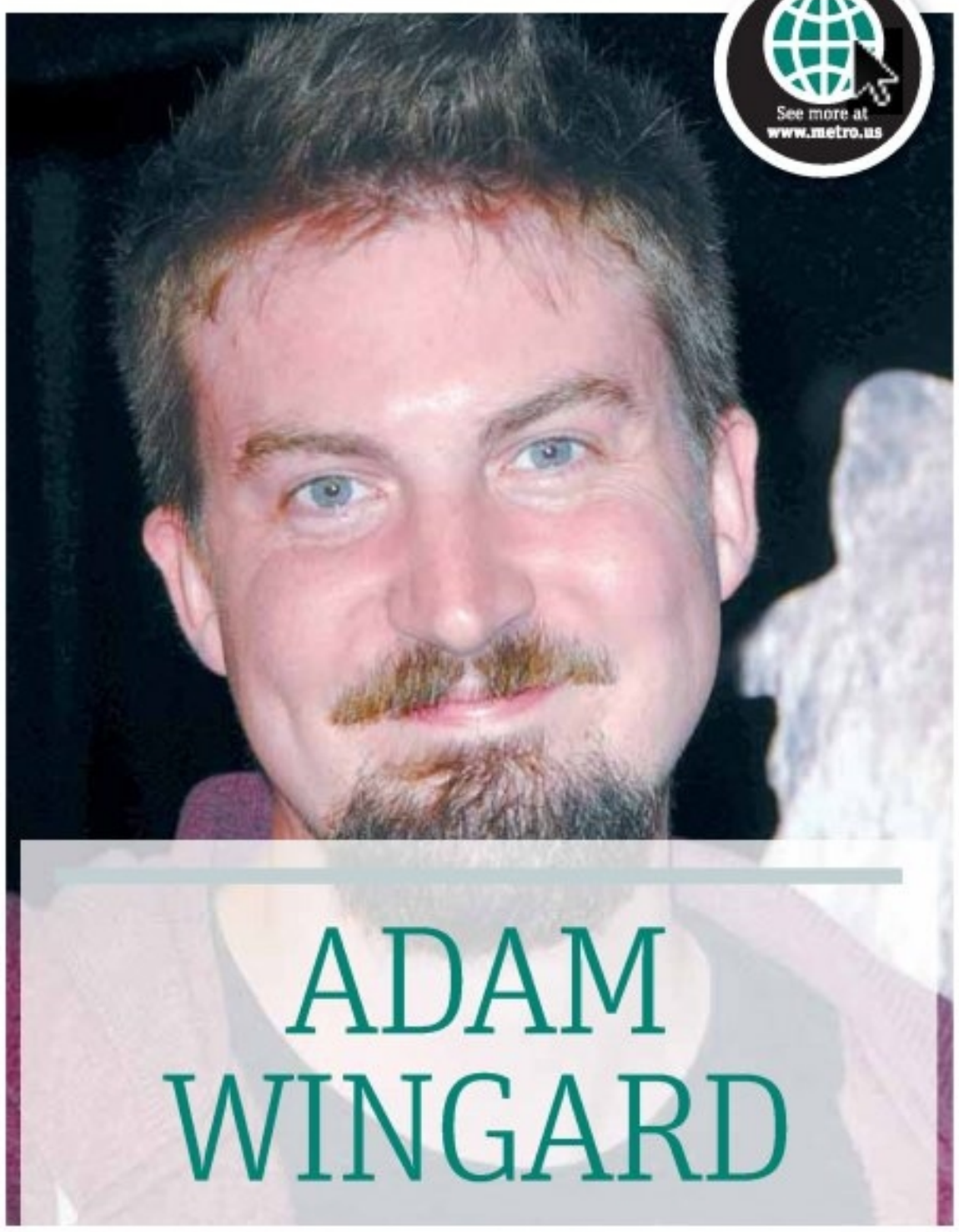

ADAM WINGARD

Indie horror-maker dips feet in the mainstream with "You're Next."

WORKING FOR THE MAN

For years, director, writer, cinematographer (and occasional actor) Adam Wingard has labored in the world of independent horror. After numerous shorts (including the "V/H/S" series), plus festival favorites like "A Horrible Way to Die," he made "You're Next." Written by Simon Barrett, the film is a home invasion thriller with enough loose indie acting — and a sick sense of humor — to make it stand out. Made in 2011, it's finally being given a decent release by Lionsgate as the next "it" horror film.

I read that you were shocked when "You're Next" got a strong audience reception during an early test screening. Were you not trying to make something to cross over?
Going into it, I was actually trying to make something more accessible, something that could be seen in a mainstream light as opposed to the movies we'd done up to this point. Those were all festival-driven. I felt like that was the crowd that understood the kind of things we did. But that world isn't necessarily why I got into filmmaking. As a kid I watched a lot of crazy, big-budget Hollywood movies, horror films and so forth. Those were the kind of things that initially made me want to make movies.

But the film still has a loose style.
I did want to use aspects of what you would normally consider a conventional cinematic language and integrate it into my kind of style. Still, I couldn't rely on overly shaky handheld camera movements and weird editing styles. Normal audience members, they just want to be involved in the story, and they don't want style to bog it down. But sometimes I can't help myself.

There are members of the "mumblecore" scene here, including director Joe Swanberg. How did a more serious, actor-based approach jibe with the horror elements?
The mumblecore thing is about creating reality beyond what you usually see in cinema. You're not picking actors based on a role. You're picking roles based on actors. I wanted to bring that aesthetic to it, and that's what makes it stand out — the fact that you've brought a certain kind of reality you're not used to in these types of films. It's something people haven't seen before, but it feels familiar at the same time.

Are you reluctant to go from indie horror to more studio work?
I feel like as a filmmaker you have to give the studio thing a shot because at the end of the day every time you make an indie film, you're taking a gamble. You're rolling the dice. Will somebody pick up this film? What will happen to it? Independent producers will screw you over just as badly as anyone else.

MATT PRIGGE
matt.prigge@metro.us

Bonus question

Sloppy with Joe

You've worked with filmmaker Joe Swanberg, not only here but on several other projects. You two would seem to have different sensibilities entirely.
I think I kind of opened his eyes to a way of filmmaking that was possibly a little sloppier than he was used to — the kind where you can get it done in a couple days. Working with him has been a mutually enriching experience for both us. I opened his eyes to that kind of film, and he helped me understand what good acting was.

Quoted

"The mumblecore thing is about creating reality beyond what you usually see in cinema."
Wingard

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TV watch list

REALITY

'Here Comes Honey Boo Boo'

Tonight, Mama June is overwhelmed by wedding plans. We feel for her — deciding between opossum and raccoon for the main course at the reception is a big decision. **8:30 P.M., TLC**

This blushing bride-to-be is stressed out. / TLC

REALITY

'Modern Dads'

In the series premiere of a new show profiling stay-at-home dads, we meet four men struggling with emasculation ... ahem, struggling to balance their home and social lives. **SERIES PREMIERE, 10:30 P.M., A&E**

REALITY

'Couples Therapy'

In the third season finale, Joe Francis (aka the perv extraordinaire behind the "Girls Gone Wild" empire) and his long-term conquest — er, girlfriend — leave the house. Parting is such sweet sorrow.

SEASON FINALE, 10 P.M., VH1

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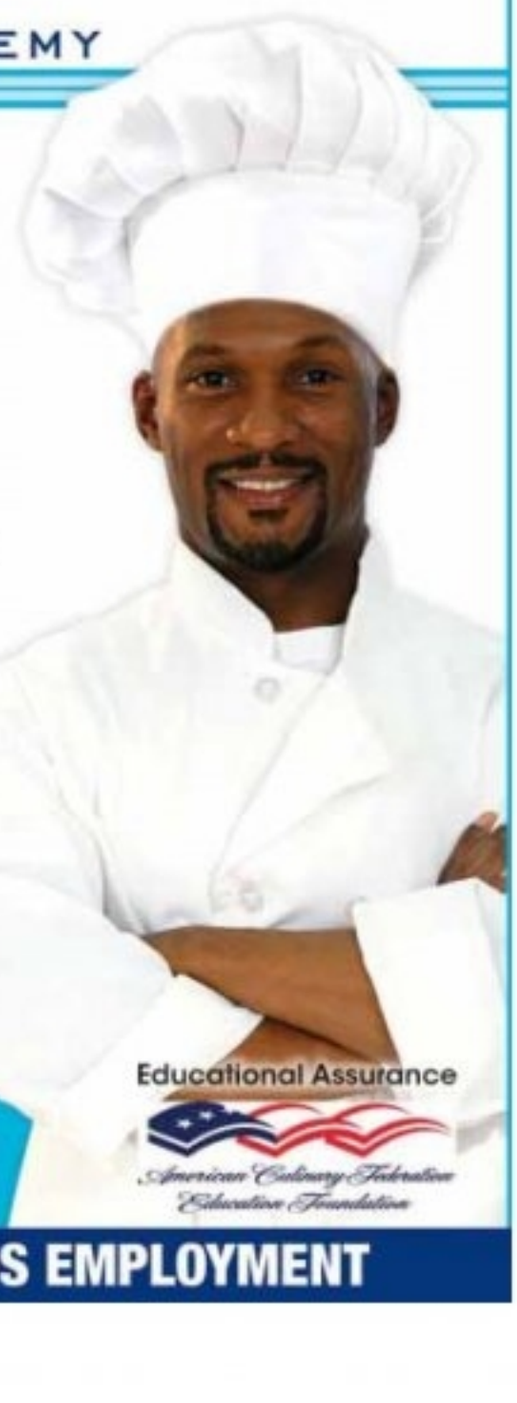

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The debut of Ikea's coveted Stockholm collection

Decor. The retailer's new upscale line is full of chic mid-century modern-inspired design.

Mid-century modern lovers, get excited. This month, Ikea introduced its hotly anticipated 2013 Stockholm collection, inspired by the stylish '50s and '60s.

The sophisticated premium line, which first launched in 1984, consists of high-quality materials such as leather, full-grain wood and bone china, and is still available in the price-points we love the brand for.

Despite its upscale, more grown-up feel, the Stockholm collection incorporates some of our favorite trends such as sexy walnut wood furnishings and bright, eye-catching colors (organic color schemes like the Kelly green and citrus yellow are a nod to nature — part of the line's design focus).

KARL LOHNES
letters@metro.us

Standouts

Look for this special (and very well-priced) line in Ikea's fall catalogue (which should have been delivered to your mail boxes last week) or in your local store. Here's a look at a few of our favorites:

1 **Mirror** Illusions of depth give you varied perspective when looking through the angled walnut frame.

2 **Living room** Brighten things up with pops of yellow and green.

3 **Dining room** Walnut wood is the "next big wood" in decor.

4 **Rug** Multi colors means no one will spot that juice stain.

5 **Chair** Who says pillows are the only way to bring in color?

6 **Table** Get ready to host. Eight feet of walnut takes mid-century modern good looks into the future.

7 **Vase** Colorful blown glass makes even bodega carnations look grand.

Virginia is for Lovers

Top 25

Single in the city

Ah, the plight of the educated, self-sufficient single girl. She's successful, she's upwardly mobile and yet she just can't seem to meet anyone. Perhaps it's where she's chosen to live?

Online real estate brokerage Redfin has compiled a list of the top 25 cities for educated single women — and the results might surprise you. Topping the charts at No. 1 is Arlington, Va., a small city just outside of Washington, D.C. that boasts high rates of college grads and high income.

Alexandria, Va., comes in at No. 2. Rounding out the top five are Cambridge, Mass., D.C. and San Francisco.

Visit blog.redfin.com to see how your favorite cities measure up.

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Queen Village is trying out an easy new way to clean up after pooches

Curb. The QVK9 squad doesn't want any excuses from delinquent dog owners.

Queen Village is following Old City's lead when it comes to keeping sidewalks clean. / RACHEL VIGODA

Scooping dog poop: It's a dirty job, but someone's got to do it. And that someone should be the dog owner, though not everyone follows the rules of the road — or sidewalk. But thanks to a few dedicated members of the Queen Village Neighbors Association (QVNA) and QVK9 — a group of neighborhood-conscious pet owners — dog waste disposal is about to get easier. No more leaning on that "I forgot a poop bag at home" excuse, or saying, "The dog ate my poop bag."

See more at www.metro.us

Queen Village is installing 10 containers that are specifically intended for dog waste and equipped with the necessary bags to clean up after Fido. "When Brent Chavis and I came on this board two years ago, it was our mission," says QVNA member Honey Pertnoy, referring to the proper removal of dog waste.

Locations

There are already seven containers in place:

- Second and Christian
- Third and Fitzwater
- Bainbridge between Third and Fourth
- Christian and Columbus
- Front and Bainbridge
- Front and Lombard
- Washington and Water

QVNA took a page from Old City's book. Janet Kalter and Joe Schiavo of the now-defunct Old City Civic Association were trailblazers in the fight against dirty streets when they put up similar waste bins early last year. "We got the containers and bags from them," says Pertnoy. "Now you'll see the same thing when you walk through Old City and Queen Village."

Ten local businesses have each agreed to sponsor one container, and with that comes the responsibility of keeping it maintained. Among them are Barkadelphia, Jane the Pet Nanny, QV Animal Hospital and Walk It Like a Dog.

"Most people pick up their dog waste properly, but there are always some who don't. People leave it on the sidewalk or in the grass, and give all dog owners a bad name," says Pertnoy, who has two pups of her own. "We wanted to make it convenient for dog owners to remove it and throw it away."

JULIA WEST
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Make your hair look like the heat wave never happened

Beauty. Rita Ora's hairstylist gives advice on how to erase end-of-summer damage.

It's the end of summer, and your locks have had enough. From simply being out in the sun to swimming in the ocean, this time of year isn't the kindest to hair, and many of us don't give it the same attention as we do our skin. So, we turned to celebrity hairstylist Johnnie Sapong, who's worked with everyone from Rita Ora to Natalie Portman, for advice on how to protect and rehydrate your hair at summer's end.

Spray on some UV protection before hitting the beach, says Sapong.
GETTY IMAGES, INGRAM PUBLISHING

Get your products right

"Using the shampoo and conditioner that work best for your hair type is really important," says Sapong.

"Go for sulfate — particularly sodium lauryl sulfate — free ones. You need to apply the same moisturizing process to your hair as you would your skin." And if your hair is at its breaking point: "At the salon, we use a lot of Leonor Greyl's Huile de Palme because it imparts similar oils to the ones the hair produces naturally," says Sapong.

Fight oil with oil

We can often be wary of oils due to the greasy feeling we associate with them, but Sapong says it's all about process. His advice: "Take three tablespoons of palm oil, apply to the mid-lengths and ends, then brush through. Leave for 20 to 30 minutes, wrap a towel around your hair so the heat can activate the treatment, and then shampoo."

Make the sun work to your advantage

"Leave some conditioner in whilst in the sun. It'd be like a treatment. Products with UV protection are a good choice, too."

KATHRYN GILBERT
letters@metro.us

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"Saints Row IV" is like "Grand Theft Auto" gone really crazy. Be careful with that dubstep gun, bro!

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'Saints Row IV'

System: PS3/360
Maker: Deep Silver

• • • • •

It used to be that the "Saints Row" series was the scrappy little brother to the "Grand Theft Auto" series. He had good intentions, but he just couldn't do all of the things the bigger kids could do. Now, however, the series is more like "GTA"'s moonshine-swilling, Illuminati-talking crazy uncle. You can see the family resemblance, but the end result is in a whole different stratosphere.

And so it goes for "Saints Row IV," the most insane game you've maybe ever played. That's saying a lot, considering the last iteration featured sex toys as weapons. In "SRIV" you'll face off against a nuclear missile, become president and battle hordes of British(?!) aliens. That's all in the first 45 minutes.

If you're new to the series, it is essentially "GTA" on steroids. There are no "sympathetic" characters. There are no attempts to faithfully recreate geographic locations. There is just a gigantic sandbox for you to blow stuff up in. Oh, and there's also a gun that kills people with dubstep music. This game doesn't exactly take itself seriously.

Graphically, the game is fine. It looks just like the last one (which isn't bad). It's not going to win any pixel awards, but it gets the job done. The voice acting is all top notch, featuring Michael Dorn from "Star Trek: The Next Generation" and Neil Patrick Harris from, uh, everything else.

"Saints Row IV" does have a story, which borrows heavily from "The Matrix" and similar sci-fi classics. Eventually you'll find yourself in a virtual version of a familiar location, which allows for tons of new — and pretty amazing — gameplay mechanics. In short, you get super powers. This raises the crazy bar even further, giving you hours of the kind of free-form, nonsensical gameplay that typifies the best in the genre. There's also two-player co-op if you are into that sort of thing (you are).

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On the sand with Kerri Walsh Jennings

Fitness. The volleyball pro bounces back from baby with a hot bod and a fierce attitude.

When Kerri Walsh Jennings was spiking and diving her way to a record third gold medal at the 2012 Summer Olympics, she had her longtime teammate Misty May-Treanor by her side. Little did they know there was a third teammate hustling around the sand at London's Horse Guards Parade.

In September, Walsh Jennings, 35, told Matt Lauer in a "Today" show interview that she was pregnant with her third child, Scout, while defending her gold in London. After giving birth in April, the athlete already has her finely toned beach body back on the sand and claims she's in top form.

"I feel a lot stronger than I ever have after my baby this time," Walsh Jennings says. "Every pregnancy is different.

Walsh Jennings was pregnant during London 2012.
NBC/NBCU PHOTO BANK

This pregnancy I focused a lot on strength training. I lifted a lot of weights, and I wanted to come back strong with a strong foundation."

The life of an Olympian is one of sacrifice. To prepare for the latest AVP beach volleyball tour, which will make an East Coast tour stop in Atlantic City Sept. 6-8, Walsh Jennings starts her workouts with two to three hours of team volleyball. From there, she does an hour and a half of individual volleyball and then a beach workout that includes sprints and strengthening her core. Part of her grueling training regimen is Olympic lifting, which she sweats through up to five times a week.

Through all the preparation to come back stronger than ever, Walsh Jennings has dealt with the challenges of raising a third child and the retirement of May-Treanor, ending the most dominant duo in American volleyball history. Still, she is poised to return to the Olympics in 2016.

"In life it's really important to set goals and know where you want to go, and I definitely know where I want to go," she says. "I want to win gold in Rio. That's the plan."

CHRIS LONGO
letters@metro.us

Bump it

Her fitness tips

Play around: "The best way to get in shape is to play in games — volleyball, basketball, whatever. That's a great way to shape your body."
Start strong: "I think foundation is really important. To have that foundation of strength, it helps with your metabolism, it helps you feel better in a bikini. I wish everyone had the opportunity to do Pilates. I just believe in it so much. It makes you stronger than you ever knew possible, because it works on things."

Watch her live

See Kerri Walsh Jennings hold down the court Sept. 6-8 on the Atlantic City Boardwalk between Revel Casino and Showboat Casino. General admission is free and non-ticketed. For more information visit www.avp.com.

30-second lifesaver

You can spare five minutes away from the chair. / ADAM JOHN PASS

This week's tip comes to us from Jorden Gold, founder of Stretch Zone, Inc. (www.stretchzone.com).

The anti-chair stretch

Most of us spend over half our waking life sitting — behind desks, commuting or in front of the TV — causing muscle imbalances to occur. All of this time sitting is why our hip flexors are among the most common muscle imbalances and causes of back pain. Contracted and tight hip flexors pull the lower back and pelvis forward, a common cause of lower back pain.

Getting out of your chair and performing this stretch can help.

Kneeling lunge hip flexors stretch

Set-up: From a kneeling position, begin with weight on the knee of the leg to be stretched. Place a strap around the foot and hold the ends with same-side arm over your shoulder.
Action: Sitting up straight on your knees, shift forward while flexing the knee back, pulling the heel toward the buttocks, gently assisting with the strap. Stretch it gently and quickly, holding the stretch for no more than two seconds. Repeat each stretch in continuous rhythm for three to six repetitions per side. Exhale through the stretch.

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This week in health

Watermelon juice soothes sore muscles

Location of study: Spain
Study subjects: Seven students of sport sciences at the University of Murcia
Results: Athletes have long suspected that watermelon juice relieves post-exercise muscle soreness and a new study adds more evidence supporting that theory, according to a report in ACS' Journal of Agricultural and Food Chemistry. Watermelon juice, which contains the amino acid L-citrulline, helped to reduce the recovery heart rate and muscle soreness athletes felt after 24 hours.
Significance: The compounds in fruit and vegetables may help the food industry create new natural products instead of relying on synthetic compounds from the pharmaceutical industry, says study author Encarna Aguayo, Ph.D.

Moms worry, dads not so much

Location of study: U.S.
Study subjects: 500 families living in eight urban and suburban communities across the United States
Results: Thinking about family matters throughout the day is stressful for working mothers, but not fathers, according to a report presented at the American Sociological Association's 108th Annual Meeting. Study author Shira Offer, an assistant professor in the Department of Sociology and Anthropology at Bar-Ilan University in Israel, looked at the "mental labor" of worrying about tasks, rather than the physical aspect of performing them.
Significance: "I assume that because mothers bear the major responsibility for childcare and family life, when they think about family matters, they tend to think about the less pleasant aspects of it, such as needing to pick up a child from day care or having to schedule a doctor's appointment for a sick kid, and are more likely to be worried," says Offer.

A new study shows moms worry more than dads. / FUSE

Breast-feeding may protect nonsmokers

Location: Spain
Study Subjects: 504 female patients aged 19-91, diagnosed and treated for breast cancer
Results: Breast-feeding for more than six months may help nonsmoking mothers guard against breast cancer, according to a study conducted at the University of Granada in Spain and published in the Journal of Clinical Nursing. However, it was not found to protect mothers who smoked.
Significance: Unfortunately, the results don't say that nonsmoking mothers who breast-feed are impervious to the disease — just that nonsmoking mothers who breast-feed were more likely to be diagnosed at a later age than smoking mothers who breast-feed.

'Watch and wait' approach gets support

Location of study: U.S.
Study subjects: More than 1,000 people who were diagnosed with prostate cancer between 1982 and 2004 and surgically treated
Results: Low-grade prostate cancers rarely progress to a higher grade over time, says a study in the American Association for Cancer Research's journal, Cancer Research. This adds more evidence to the theory that men diagnosed with low-grade prostate cancer can take a "watch and wait" approach to their disease instead of getting treatment right away.
Significance: "Men with low-grade disease at diagnosis should seriously consider talking with their doctors about active surveillance," says Kathryn Penney, Sc.D., an instructor in medicine at Harvard Medical School and associate epidemiologist at Brigham and Women's Hospital.

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3 new foods we're loving

The lineup

1 Krave Jerky Black Cherry

We love this brand of small-batch, nitrate-free jerky, so we were amped to hear about its newest flavor: black cherry barbecue pork. The meat is coated in a barbecue sauce that's heavy on the tomato and garlic, with a juicy sweetness from black cherries. This ain't no Slim Jim.

2 Health Warrior Chia Bars in new flavors

These bars are loaded with chia seeds, which are known for their Omega-3s. These mighty little powerhouses pack a whopping 1,000 milligrams of Omega-3s: Hooray for good skin, hair and nails! We're partial to the new Banana Nut flavor, which tastes like straight-up banana bread. The new varieties also include Apple Cinnamon and Coffee.

3 Wholly Guacamole 100-calorie mini dipping cups

We try not to eat an entire tub of guacamole in one sitting, but that can be a bit challenging at times. Enter these new mini packs for our gotta-have-guac days. The 2-ounce tubs come in four different flavors: Classic, Spicy, Chunky Avocado and Avocado Ranch.

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Horoscope

♌ Leo | July 23-Aug. 22. Get together with people who make you think in unusual ways. Make personal improvements.

♍ Virgo | Aug. 23-Sept. 22. Confusion in your emotional relationships will surface if you aren't specific about your likes and dislikes. Communication will be key.

♎ Libra | Sept. 23-Oct. 22. Problems getting things accomplished will hamper your ability to deliver. Don't promise what you cannot provide, even if it means disappointing someone.

♏ Scorpio | Oct. 23-Nov. 21. You'll have the drive to get things done, but interference may stand between you and success. Alter your living space.

♐ Sagittarius | Nov. 22-Dec. 21. It's a good day to engage in activities that require your talents. You'll impress someone who can boost your reputation.

♑ Capricorn | Dec. 22-Jan 20. Take a different approach to your daily chores and you will inspire those around you to follow suit. Money will come to you from an unusual source.

♒ Aquarius | Jan. 21-Feb 18. Partnerships will be tense if you don't make an effort to discuss your feelings honestly. You cannot improve if you don't address what's bothering you.

♓ Pisces | Feb. 19-March 20. Your unusual approach to financial and personal affairs will lead to all sorts of interesting and unique opportunities.

♈ Aries | March 21-April 20. Your changing mood and unpredictable nature will cause others to question your methods. Make sure you are being practical.

♉ Taurus | April 21-May 21. You are in a cycle where big decisions can be made regarding how you spend your time. A move may be necessary — don't fear it.

♊ Gemini | May 22-June 20. Take some time to pamper yourself. Enjoy the company of someone special. Romance will lead to optimism.

♋ Cancer | June 21-July 22. Too much of anything will cause problems at home and at work. Discipline will be required to offset your desire to indulge.

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Sudoku: Easy and hard

	6				3		5	7
7		9			5	8	6	
			8					
	8	2	3		7			
9				4				6
			5		9	3	4	
					2			
	1	3	9			2		5
5	2		6				8	

9					3			
	3		7	5	8			
7		8					5	
	2	5		7				
3	9	7				8	1	2
				2		3	7	
	8					4		6
			6	8	5		9	
			1					8

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

'Dreams' a nightmare for parents

Re: 'Assembly required to build a dream job' (Metro, Aug. 19) Parenting a "dreamer" is extremely exasperating. No attempt to reason with him, to have a Plan B in case the "dream" doesn't work out is even considered! After all, this is his "dream." He should pursue it and keep pursuing it. Now, there is even a book to say that, too. It's not about "obtaining whatever goal," but more about the "journey." How cavalier and romantic! What about his dad and I, who spent all that money on his college degree just a few short years ago and who also had their own "dreams" for him? Oh, I guess we don't count, right? Just as long as he is "pursuing something you care about." His parents, who sacrificed for him when they were young and gave up their "dreams," don't matter. A book about youth following their "dreams" cannot be complete without interviews from parents of these "dreamers."

REGINA DERISO, VIA EMAIL

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Across

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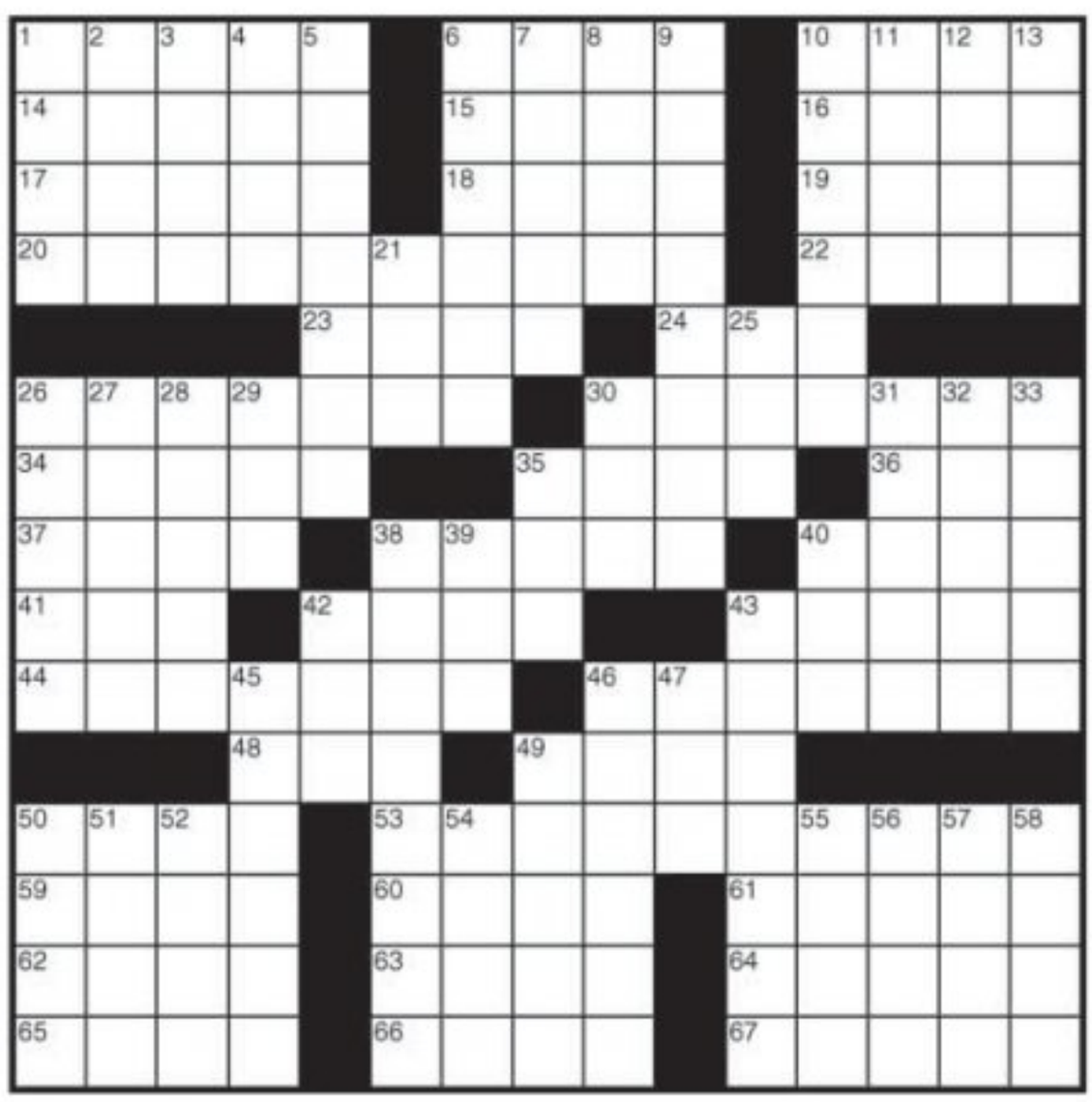
6 Sour, as cream
10 Perfume holder
14 "— la vista!"
15 Downs of "20/20"
16 Beef-rating org.
17 Vow venue
18 ASU rival
19 Pounce
20 Money source (2 wds.)
22 Opal and topaz
23 Pitch-dark
24 KGB counterpart
26 Weighs down
30 Dock
34 Toward the future
35 Director Joel —
36 Galleon cargo
37 Pinch hitters
38 Some are raw
40 Lapp neighbor
41 Vexation
42 Competed for
43 Sun, in combos
44 Trinidad music
46 Nods off
48 Pale gray
49 Get better
50 Farm building
53 For the most part (2 wds.)
59 On a rampage
60 Staffer
61 Portage item
62 Eli's school
63 Eggy drinks
64 Dull green
65 Snakes do it
66 Proofer's word
67 Increased

Down

1 Pillow cover
2 Hull plank
3 Is, in Segovia
4 And others (abbr.)
5 Celebrated
6 Tosses away
7 Fortunate
8 Eye amorously
9 Roofs with straw
10 Coarse
11 Shrink's reply (2 wds.)
12 Economist – Smith
13 Relay parts
21 Rustic lodging
25 Na+, e.g.
26 Rudimentary
27 "Star Trek" lieutenant
28 Buck the system
29 They prosecute perps
30 Our sun
31 Slaves away
32 A Muppet
33 Banned things (hyph.)
35 Jerk
38 Suds containers
39 Help-wanted abbr.
40 Smattering
42 Gore, et. al
43 "Golly!" (2 wds.)
45 Pulled hard
46 Abhor
47 Squeal on
49 Type of mutual fund
50 Howls
51 Memsahib's nanny
52 Butler, to Gable
54 Laugh-a-minute
55 Actress — Powers
56 PC system
57 Quiet inlet
58 Pay attention



Yesterday's answer

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3 SPORTS

Watch online

Find a recap and video from last night's Phillies-Rockies game: **Metro.us/sports.**

Vick needs to stay healthy and avoid sacks. / GETTY IMAGES

Vick's mind over body

NFL. The Eagles named Mike Vick as starting quarterback, but now the real challenge begins.

Mike Vick is the starter. The easy and expected part is over after Eagles coach Chip Kelly made it official yesterday.

So now comes the hard part: staying healthy. Vick came into camp boasting about how much better shape he was in than in the past. He added muscle, lean muscle, not bulk. He dedicated his entire offseason to getting his body in position to endure a 16-game schedule.

"I'm trying to keep my body in the best possible shape to withstand the hits," Vick said in late July. "Everyone says I'm injury prone, so I'm trying to fight that."

Back then, Vick didn't know if he'd win the starting quarterback job. He thought he would, but every NFL player thinks that way. After dazzling all summer and through two preseason games, the job is his — and his alone.

"He's our starter for the season," Kelly said. "It's not a one-game trial basis."

"It's gratifying," Vick said. "I had to come back and work for everything. It wasn't given to me."

It's not that anyone thinks Vick is lying about his newfound commitment to protecting his fragile body. It's more about whether that fragile body can withstand his aggressive style.

Last week, in a kind-of-meaningless preseason game against Carolina, Vick went out of his way to dive face-first into traffic. That drew quite a few audible cries from Eagles fans, who advised him to "slide, slide, slide."

Vick didn't.

While everyone respects the effort, it isn't worth losing the franchise quarterback to injury. It remains to be seen if he can ever change his mind-set.

Some have blamed a porous and injured offensive line for Vick's woes.

"I never point the finger at my teammates," Vick said. "I always feel like I'm in total control and that's just my approach, and that's my sense of belief, and it'll be that way until the day I retire."

Legend of the fall

Vick has started just 35 games (out of a possible 48) since 2010 — and seems to always be on the injury report.

- Last year, Vick missed six games while dealing with concussions.
- He missed three in 2011 while fighting hand and rib ailments.

For now, excitement is at an all-time high. The Eagles have a starting quarterback, one that can run Kelly's innovative offense to perfection. The possibilities are endless.

"I thank Coach Kelly for the process that we all had to go through," Vick said. "And it don't stop here. This is just Day 1 ... and I still got to prove myself each and every day. I'm still going to compete with the quarterbacks each and every day, and we're going to approach this as if it's our last play every play."

MICHAEL GREGER
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Foles not hanging head after losing QB competition

NFL. The second-year quarterback will continue to prepare as starter after losing to Vick.

There are two sides to every story — especially when there is a winner and a loser.

On the day Nick Foles learned he wouldn't be the Eagles' starting quarterback, he was surprisingly confident. He lost this competition, but there will be other ones for the 24-year-old.

"I'm going to do anything I can to help [Mike Vick] become the best quarterback possible," Foles said. "We had a great battle, and Mike did a great job and he's going to continue to do a great job and I'm going to do anything I can to help him."

Chip Kelly called Vick and Foles into his office individually yesterday to break the news. The coach reminded Foles that injuries are prevalent in the NFL and he still might get a chance. That statement carries extra weight based on Vick's history.

"In this league, you better have a couple of quarterbacks ready to go. I mentioned that again to Nick today," Kelly said. "I think Nick is going to approach it that he's the starter, because that's got to be his mentality going into this and prepare like he's a starter."

Foles will be running with the twos now. In Saturday's preseason game, he'll likely be limited to the third quarter. Despite the disappointment, Foles' mindset won't change.

"I want to prove I'm a great quarterback," he said. "My mindset is to become a starter."

MICHAEL GREGER
michael.greger@metro.us

Nick Foles is the Eagles' backup quarterback. / GETTY IMAGES

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NL exec: Manuel was not problem

MLB. Many are weighing in on Ruben Amaro's decision to fire Charlie Manuel now that he's gone.

Manuel was fired last Friday.
GETTY IMAGES

Charlie Manuel continues to make more news than the team he once managed. While on the Chris Stigall Show on 1210-AM, Manuel noted that he believes Ruben Amaro made the decision to let him go. He also said that he watched every pitch of the weekend series against the Dodgers.

"Charlie Manuel is a special guy," a NL executive said. "He doesn't get the credit he deserves. He's special."

How special? When Jerry Manuel was managing the Mets, he laughed when asked about how Philadelphia's vocal minority questioned his longtime friend.

"They don't know baseball and they don't know Charlie," Jerry Manuel said. "Charlie is the kind of guy, with his accent, that they think he doesn't know what he's doing. But the funny thing is that when they think he's lost, he's actually two or three moves ahead of everybody else."

Manuel was like the old TV detective Columbo, who seemed like a buffoon but was way ahead of the pack.

"Exactly," Jerry Manuel said. "He's the kind of guy that won't get all of the credit in Philly until he's gone."

Manuel and his 780 wins are gone. After the Phils went on a 4-19 run, the skids were greased for Manuel to be fired.

"When you lose like that, a manager can be fired," MLB analyst Larry Bowa said. "That's not surprising."

Bowa went on to note how the Phillies have been playing without urgency and failing to execute.

"I won't argue Bowa about that but Charlie was not the problem with the Phillies," a NL scout said. "It's deeper than that. I really don't know if they'll play much better for [interim skipper Ryne] Sandberg."

Jimmy Rollins noted it's not Manuel's fault.

"It's not the coaches or manager out there playing," Rollins said. "We weren't getting it done. He took the fall for it. It doesn't feel good."

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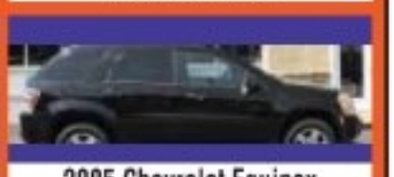
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